

HEALTHY EATING POLICY

1. A HEALTHY LUNCHBOX INCLUDES A PIECE OF FOOD FROM THE FIRST THREE OR FOUR SHELVES OF THE FOOD PYRAMID. **(PYRAMID ON SEPARATE PAGE)**
2. EACH PUPIL IS REQUESTED TO HAVE **A LUNCH BOX AND A RE-USABLE DRINKS CONTAINER**. CANS AND GLASSES ARE NOT PERMITTED FOR SAFETY AND LITTER REASONS. HEALTHIER CHOICE OF DRINK INCLUDES WATER, MILK AND UNSWEETENED JUICE IN REUSABLE CONTAINERS.
3. **PUPILS ARE NOT ALLOWED TO BRING FIZZY DRINKS (E.G. COKE, CLUB ORANGE ETC) LOLLIPOPS, CRISPS, CRISP TYPE FOODS OR CHEWING GUM TO SCHOOL.**
4. SOME OF THE HEALTHY SNACKS THAT WE ENCOURAGE FOR BREAKS INCLUDE FRUIT, YOGURT, FROMAGE FRAIS, CHEESES, CRACKERS, SCONES, ROLLS, RAW VEGETABLES AND BROWN BREAD.
5. FOODS WHICH HAVE **WRAPPERS ARE TO BE KEPT TO A MINIMUM** AND DISPOSED OF PROPERLY TO REDUCE LITTER AND PROTECT OUR SCHOOL ENVIRONMENT.
6. **LEFT OVER FOOD AND WRAPPERS ARE TO BE RETAINED IN THE LUNCH BOX AND BROUGHT HOME EVERY EVENING.**
7. ALL CLASSES WILL RECEIVE A MINIMUM OF TWO LESSONS ON HEALTHY EATING.
8. SCOIL ASICUS NAOFA IS A **NUT-FREE ZONE**. FOR THE PROTECTION OF CHILDREN IN OUR SCHOOL WHO HAVE AN ALLERGY TO NUTS, WE WOULD

ASK YOU TO ENSURE THAT YOU DO NOT INCLUDE NUTS OR ANY FOODS WHICH CONTAIN NUTS, IN YOUR CHILD'S LUNCH BOX

8. THE HEALTHY EATING POLICY WILL BE REVIEWED FROM TIME TO TIME

Understanding the food pyramid

